

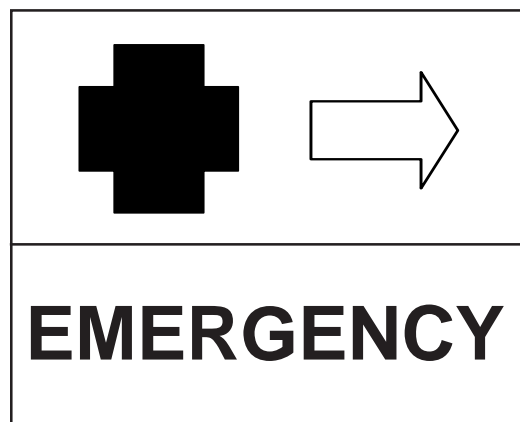
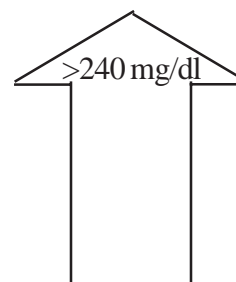
Treatment of High Blood Sugars

These are only recommendations. Follow orders as prescribed by the student's physician.

1. If the blood sugar level is >240 mg/dl, check urine ketones regardless of how the child feels.

2. If **URINE KETONES** are negative to small:

- * Have the child drink 8-12 ounces/hour of caffeine-free, sugar-free, noncaloric fluids such as water, diet soda
- * Recheck blood glucose and urine for ketones in 2-3 hours
- * Repeat above as needed



3. If **URINE KETONES** are moderate to large, call for help immediately

- * This may mean the child needs extra insulin **NOW**
- * **Call parent or guardian immediately.**
- * **If parent or guardian cannot be reached and student is vomiting and unable to take fluids by mouth, call emergency personnel for transport to the emergency room.**

NOTE: The school health nurse or personnel should review the Emergency Action Plan to determine what the school and parent(s)/guardian(s) had agreed upon as the first step when dealing with the situation once ketones have been detected. If the Emergency Action Plan identifies the child is to be given insulin immediately, then do so; otherwise, follow the steps on the Emergency Action Plan.

Symptoms of high blood sugar may include:

- Lack of appetite
- Blurred vision
- Difficulty in breathing
- Fruity odor of breath or urine
- Dry mouth
- Mental sluggishness, slowness to respond
- Nausea, vomiting, stomach pain
- Dry or flushed skin
- Weakness
- Intense thirst
- Frequent urination

Adapted from: "Diabetes Management in the School Setting", 1998, Missouri Association of School Nurses, "Diabetes in Children A Resource Guide for School Personnel", 2002, Illinois Department of Human Services, <http://www.iasn.org/diabets.pdf>.